



# Certificate

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## Golden Research Thoughts

This is to certify that our Editorial, Advisory, and Review Board Accepted Research Paper of Dr. /Shri. /Smt.: **Vinti Davar and Shreshtha Muraal** Topic:- **Prospective Study On Nutritional Status Of Rural College Girls** College:- **Department of Home Science, Kurukshetra University, Kurukshetra**. The Research paper is Original & Innovative it is Done Double Blind Peer Reviewed. Your Article is Published in The Month of **July** Year 2014.



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## Article Review Report



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## ABSTRACT:

Girls form a deprived section of our society specifically in rural India. They suffer from favouritism even at the hands of their mothers. Be it education or food or any other basic necessity, they are given a low priority even today. Because of this deprivation and added responsibilities in the family, the girls do not achieve their full potential.

**Abstract Report:** The Title Accurately Said The Study was About.

## INTRODUCTION:

Girls are the positive force for a nation and are responsible for its future productivity. The growth and prosperity of a nation depend heavily on the nutritional status and development of girls as they not only constitute one tenth of its population but also influence the growth of the remaining population. Every gloomy picture of Indian mothers is indicated by the fact that India ranks as low as 76 among 80 middle-income countries rated for the "best place to be a mother".

**Introduction Report:** This Article Include Full Introduction, Methods, Results & Introduction Section.

## METHODS & MATERIALS:

In Anthropometric Measurement mainly three aspects: Height, Weight and BMI (Body Mass Index) were assessed. The height was taken barefoot in centimetres using a stadiometer. It was recorded to the nearest 1 cm. The weight was measured in kilogram without shoes using Omron weighing machine having precision of 0.5 kg. Checks on the scale were made routinely before recording the weight of each student and the pointer was adjusted to zero using the screw provided.

**Methods & Materials Report:** Tables/Boxes/Diagram & Images are Used to Explain Specific Points or Background Information. Figures That The Plotted Parameters are Clearly Mentioned.

## RESULT:

A total of 130 young girls aged 18-23 years were assessed for nutritional status in a degree college of Haryana in March, 2014. The mean age of the subjects was  $20.5 \pm 1.42$  years. The age-wise distribution of studied girls. It can be reported that studied subjects are not well nourished and specifically 19 and 20 year subjects are marginally undernourished and at risk of suffering.

**Result Report:** Figures are Imported to Provide Explanation for Background Information. Conclusion of This Paper Clearly Supported Results.

## DISCUSSION:

Results of the studied data indicate that the girls of rural Haryana are malnourished as their anthropometric measurements were below the standards of ICMR. However, their visceral fat was quite normal. But their fat per cent was below average. So, we can conclude that there is a need to initiate intervention measures to improve the nutritional status of young girls who are the future 'mothers to-be'.

**Discussion Report:** The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

## REFERENCES:

- Chaturvedi S., Kapil U., Gnanasekaran N., Sachdev H.P., Pandey R.M., Bhanti T. Nutrient intake amongst adolescent girls belonging to poor socio-economic group of rural area of Rajasthan. Indian J Pediatr. 1996 Mar; 33 (3): 197-201.
- Choudhary S., Mishra C. P., Shukla K. P. Dietary pattern and nutrition related knowledge of rural adolescent girls. Indian J. Prev. Soc. Med., 2010; 41 (3&4): 207-215.
- Gallagher D., Heymsfield S. B., Heo M., Jebb S. A., Murgatroyd P. R., and Sakamoto Y., Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index 1-3. Am. J. Clin. Nutr., September 2000; 72 (3): 694-701.

**Reference Report:** There are Places where the Author Vinti Davar and Shreshtha Muraal Need to Cite a Reference, but Have Not

## RECOMMENDATIONS:

**Abstract Report:** Introduce New Regular For Content & Communication.

## SUMMARY OF ARTICLE:

	Very	High	Average	Low	Very Low
1. Interest of the topic to the readers	✓				
2. Originally & Novelty of the ideas		✓			
3. Importance of the proposed ideas	✓				
4. Timelines		✓			
5. Sufficient information to support the assertions made & conclusion drawn					
6. Quality of writing(Organization, Clarity, Accuracy Grammer)	✓				
7. References & Citation(Up-to-date, Appropriate Sufficient)		✓			

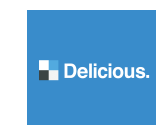
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## Future Research Suggestions

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2. SCIENCE TOY MAKER (<http://www.sciencetoymaker.org/>)  
40 Cool Science Experiments on the Web  
(<http://www.scholastic.com/teachers/article/40-cool-science-experiments-web>).

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